

## **ABSTRACT**

An apparatus and method for cooking and straining food items is described herein. The cooking apparatus has a vessel with an annular rim and an insert supported in rotational engagement with the vessel and having an annular rim portion engaging the vessel rim, where the insert rim is configured to rotationally engage the vessel rim such that when the insert is engaged with the vessel, the insert remains engaged with the vessel as the insert is rotated relative to the vessel. The vessel and insert rims of the cooking apparatus may further include hooks and cutouts for securing the insert onto the vessel. The method described herein includes positioning the hooks in the cutouts, rotating the insert so as to lock it onto the pot, cooking and straining food items, and realigning the hooks and cutouts to remove the insert from the pot.